

Mountain View Senior Center

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TO ENROLL IN A CLASS:

1. If you are currently enrolled in an exercise class, try to register before the next quarter begins to ensure a spot in the upcoming quarter. If you are a new student in class, please go to the first scheduled day of class to register.
2. Sign up for class with the instructor. Pay applicable fees for class directly to instructor.
THE SENIOR CENTER'S FRONT DESK DOES NOT COLLECT FEES FOR CLASSES.

FALL 2003 - SENIOR CENTER HOLIDAYS:

The Mountain View Senior Center will be closed on the following holidays: September 1, November 11, 27 & 28, December 25 & 26.

INSTRUCTORS ARE PROVIDED BY:

Mountain View/Los Altos Adult Education • Foothill College
City of Mountain View, Recreation Division • City of Mountain View Volunteers

Monday Classes

YOGA *(class meets Mondays & Thursdays)*

Date: 9/22 – 12/11
Time: 8:45 – 10:00 am
Cost: Free

Location: Social Hall
Instructor: Mary Ann Alexander, BS

This class, designed for people with illness, injury, and conditions of aging, provides instruction in basic modified poses, breathing techniques, relaxation and meditation. Individual attention is given to individual needs and abilities. Wear comfortable clothing and bring a blanket, pillow, and towel. A doctor's release is needed for an injury or illness within the last six months.

ENGLISH AS A SECOND LANGUAGE (ESL)

Date: 9/3 – 12/19 *(no class November 27 or 28)*
Cost: Free

- *Class meets 3 times a week: Mondays, Thursdays & Fridays.*
- *Students may join ESL classes at any time during a session.*

BEGINNING LITERACY: Basic ESL for students who have never studied English.

Instructor: June Wong
Time: 8:45 - 10:15 am

Location: Meeting Room

BEGINNING LOW: ESL for students who can read and write simple sentences in English and can speak and understand individual words.

Instructor: June Wong
Time: 10:30 - 12:00 pm

Location: Meeting Room

BEGINNING HIGH: ESL for students who can read short articles and write several sentences. These students can also speak and understand common English words and phrases.

Instructor: Nina Ross

Time: 8:45 - 10:15 am

Location: Multi-Purpose Room

INTERMEDIATE LOW/HIGH: ESL for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects.

Instructor: Nina Ross

Time: 10:30 - 12:00 pm

Location: Multi-Purpose Room

CREATIVE STITCHERY

Date: Ongoing
Time: 9:00 am - 12:00 noon
Cost: Free

Location: Fine Arts Room
Instructor: Carmen Perruquet &
Margaret Kitayama

You are welcome to bring your own stitchery project or you might want to learn one of the interesting needlework or crafts being taught. **NO NEW STUDENTS AT THIS TIME.**

T'AI CHI

Dates: Session I: 9/8 – 10/27
Session 2: 11/3 – 12/15

Location: Social Hall
Instructor: Odette Rickert

Time: 10:15 – 12:00 pm

Cost: \$20 / session

T'ai Chi, believed to be the "Grand Ultimate Way of Life – The Supreme Ultimate Meditation Movement" will foster positive mind-body skills, processes and events.

GENERAL CONDITIONING *(class meets Mondays (1:00 – 2:20) & Thursdays (10:15 – 11:15 am))*

Dates: 9/22 – 12/11

Location: Social Hall

Time: 1:00 – 2:20 pm

Instructor: S. Lohhman

Cost: \$23.00 (fee also pays for Friday's class)

Warm-up, walking aerobics, toning, & stretching. Learn to strengthen your body.

WOODCARVING: DROP-IN

Dates: Ongoing

Location: Fine Arts Room

Time: 1:00 – 4:00 pm

Instructor: Janette Hunting

Cost: Free

A friendly, informal class for beginning & more experienced carvers. The aim of this class is to become more knowledgeable about the types of woods, finishes and skills applied to this craft.

QUILT MAKING TECHNIQUES

Dates: 9/15 – 11/17

Location: Multi-Purpose Room

Time: 1:30 – 4:00 pm

Instructor: Pat Bellamy

Cost: \$15: 55 years or older / \$79: under 55 years old

This is a class for those with some quilting experience. Three projects will be presented during the session. Projects will use both fast machine techniques and handwork. Participation in at least one of the new projects is expected. We will also do exercises to help you successfully use color and design in making quilts. Students will be asked to regularly share their projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some of the projects. Beginning quilters and those who only want to continue work on previous quilt projects should sign up for the class on Thursday afternoons.

Tuesday Classes

HIKE FOR HEALTH

Dates: 9/16 – 12/2 *(no class November 11)*

Location: Multi-Purpose

Time: 8:30 am – 1:30 pm

Instructor: Pat Noyes

Cost: \$20: 55 years old or older / \$89: under 55 years old

Wear layered clothing. Bring sun and insect protection, water, whistle, personal first aid kit, lunch and wear knobby soled shoes or boots. Hikes range from 3-6 miles. Students must be willing to drive or carpool.

DRAWING & WATERCOLOR

Dates: 9/16 - 12/2 (*no class November 11*) Location: Fine Arts Room

Time: 9:00 am - 12:00 noon Instructor: Bobbie Dixon

Cost: \$15: 55 years of age and older / \$79: under 55 years of age

Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition and detail. Many demonstrations. Seascapes, landscapes and florals will be emphasized.



ARTHRITIS EXERCISE (*class meets Tuesday & Friday*)

Dates: 9/23 - 12/12 (*no class November 11*) Location: Social Hall

Time: 11:30 am - 12:50 pm Instructor: S. Lohhman

Cost: \$23 (*includes Tuesday & Friday classes*)

This class is designed to improve the flexibility and posture of those individuals who suffer from arthritis. Safe, mild stretching techniques for every joint in the body will be utilized. To register or for more information, call Foothill College, (650) 424-8600 or register the first day of class.

SPANISH - INTERMEDIATE CONVERSATION

Dates: 9/16 - 11/25 (*no class November 11*) Location: Fine Arts Room

Time: 12:30 pm - 2:30 pm Instructor: Arlene Pilling

Cost: \$15: 55 years or older / \$79: under 55 years old

This class offers lively conversation, small groups, discussions, oral presentations & current events.

KARAOKE: DROP-IN

Dates: Ongoing (*no class November 11*) Location: Multi-Purpose Room

Time: 12:30 pm - 4:30 pm Instructor: Jau Liang &

Cost: Free Chien-Hsin Chow

Come to entertain or to be entertained! Karaoke equipment will be provided, bring your own disc, if you have one. The majority of discs provided by instructors are in Chinese.

LOW IMPACT AEROBICS (*class meets Tuesday & Thursday*)

Dates: 9/23 - 12/11 (*no class November 11*) Location: Social Hall

Time: 1:00 - 2:20 pm Instructor: Diane Arnold-Ammon

Cost: \$22.00 (This fee also pays for Thursday class.)

This class will provide a full cardiovascular workout. Class will aim at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement to music paired with easy walking patterns. To register or for more information, call Foothill College, (650) 424-8600 or register first day of class.

DO YOU NEED FINANCIAL ASSISTANCE FOR CLASS FEES?

\$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$

If you are enrolled or would like to enroll in one or both of the Adaptive Physical Education classes, Arthritis Exercise or General Conditioning, but find the class fee a challenge, you may be eligible for a fee waiver. The qualifications for financial assistance are as follows:

- ◆ Receiving SSI or general assistance
- ◆ If you are single and your income is \$7,500 or less.
- ◆ If you are married and the household income is \$15,000 or less.

FOR MORE INFORMATION, CALL JOHN AT (650) 903-6330.

Wednesday Classes

OILS & ACRYLICS - HOW TO SEE COLOR AND PAINT IT

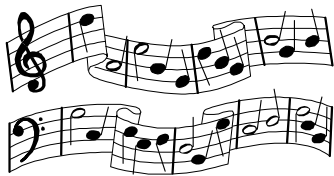
Dates: 9/17 - 12/3 Location: Multi-Purpose Room
Time: 9:00 am - 12:00 pm Instructor: Bob Magneson
Cost: \$15: 55 years of age or older / \$79: under 55 years old

Color is the key to painting what you see. While working from photographs of your choice, learn to observe, mix and match colors with remarkable accuracy. This class is for beginning and intermediate students who want to develop a more subtle perception of color. Bring painting supplies and small canvas or canvas paper to first class.

SMALL CLAY SCULPTURE

Dates: 9/17 - 12/3 Location: Fine Arts Room
Time: 9:30 am - 12:30 pm Instructor: Cristina MacPherson
Cost: \$15*: 55 years of age or older / \$79*: under 55 years

Learn techniques, by hand & on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcomed. *Materials furnished for small fee.



CHORUS

Dates: 9/17 - 12/3 Location: Social Hall
Time: 9:45 - 11:45 am Instructor: M. Ridgway
Cost: \$15*: 55 years of age or older / \$79*: under 55 years

Like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics.

*Music fee of \$25 collected at first class.

ORCHESTRA - SOUTH BAY COMMUNITY ORCHESTRA

Dates: 9/17 – 12/3 Location: Social Hall
Time: 12:00 - 4:00 pm Instructor: A.Gallegos, C. Kolchinsky
Cost: \$15*: 55 years of age old or older / \$79*: under 55 years old

This is a full orchestra. Approximately 8 concerts per year are performed. Separate rehearsals will be conducted; strings:12:00-1:00, full orchestra: 1:00-4:00. All symphony type instruments are welcomed. *Material fee of \$10

CERAMICS - BASIC TECHNIQUES

Dates: 9/17 – 12/3 Location: Fine Arts Room
Time: 1:00 - 4:00 pm Instructor: Cristina MacPherson
Cost: \$15*: 55 years of age or older / \$79*: under 55 years

Learn techniques, by hand & on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcomed. *Materials furnished for small fee.

KNITTING & CROCHETING

Dates: Ongoing Location: Multi Purpose Room
Time: 1:00 - 3:30 pm Instructor: A. McKirgan &
Cost: Free J. Baumgardener

Join this group of knitting and crocheting enthusiasts, create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors or projects of your own. All skill levels welcomed.

Thursday Classes

HIKE FOR HEALTH WITH PAT NOYES

Dates: 9/18 – 12/4 (*no class November 27*) Location: Conference room
Time: 8:30 am - 3:30 pm Instructor: Pat Noyes
Cost: \$20: 55 years or older / \$89: under 55 years old

Come hike with us to increase your fitness, make new friends, and forget about the urban congestion for awhile. Wear layered clothing. Bring sun and insect protection, water, whistle, personal first aid kit, lunch and wear knobby soled shoes or boots. Hikes range from 5-8 miles. Students must be willing to drive or carpool.

YOGA (*class meets Mondays & Thursdays*)

Date: 9/22 – 12/11 (*no class November 27*) Location: Social Hall
Time: 8:45 – 10:00 am Instructor: May Ann Alexander, BS
Cost: Free

This class, designed for people with illness, injury, and conditions of aging, provides instruction in basic modified poses, breathing techniques, relaxation and meditation. Individual attention is given to individual needs and abilities. Wear comfortable clothing and

bring a blanket, pillow, and towel. A doctor's release is needed for an injury or illness within the last six months.

ENGLISH AS A SECOND LANGUAGE (ESL)

Date: 9/3 – 12/19 (*no class November 27 or 28*) Cost: Free

- *Class meets 3 times a week: Mondays, Thursdays & Fridays.*
- *Students may join ESL classes at any time during a session.*

BEGINNING LITERACY: Basic ESL for students who have never studied English.

Instructor: June Wong Time: 8:45 - 10:15 am

Location: Meeting Room

BEGINNING LOW: ESL for students who can read and write simple sentences in English and can speak and understand individual words.

Instructor: June Wong Time: 10:30 - 12:00 pm

Location: Meeting Room

BEGINNING HIGH: ESL for students who can read short articles and write several sentences.

These students can also speak and understand common English words and phrases.

Instructor: Nina Ross Time: 8:45 - 10:15 am

Location: Multi-Purpose Room

INTERMEDIATE LOW/HIGH: For students who can read and write about familiar situations.

These students can participate in conversations about everyday subjects.

Instructor: Nina Ross Time: 10:30 - 12:00 pm

Location: Multi-Purpose Room

SEWING / BASIC TECHNIQUES

Dates: 9/18 – 12/4 (*no class November 27*) Location: Fine Arts Room

Time: 9:15 – 11:45 am Instructor: L. Gresco

Cost: \$15: 55+ years or older / \$79: under 55 years old

These classes offer instruction and assistance for all of your sewing challenges. Learn pattern fitting, alterations, and new sewing techniques to make you more successful with your projects. Sewing machines and an overlock machine are available.

GENERAL CONDITIONING (*class meets Mondays (1:00 – 2:20) & Thursdays (10:15 – 11:15 am)*)

Dates: 9/22 – 12/11 (*no class November 27*) Location: Social Hall

Time: 10:15 – 11:15 am Instructor: S. Lohhman

Cost: \$23.00 (fee also pays for Friday's class)

Warm-up, walking aerobics, toning, & stretching. Learn to strengthen your body.

LOW IMPACT AEROBICS (*class meets Tuesday & Thursday*)

Dates: 9/23 – 12/11 (*no class November 27*) Location: Social Hall

Time: 1:00 - 2:20 pm Instructor: Diane Arnold-Ammon

Cost: \$22.00 (This also pays for Tuesday class.)

This class will provide a full cardiovascular workout. Class will aim at those who want to lower fat, cholesterol, and blood pressure and have fun! There will be low impact movement to music paired with easy walking patterns. To register or for more information, call Foothill College, (650) 424-8600 or register first day of class.

QUILT-MAKING / BEGINNING

Dates: 9/18 – 11/20 (*no class November 27*) Location: Multi-purpose Room
Time: 1:30 - 4:00 pm Instructor: Pat Bellamy
Cost: \$15: 55+ years or older / \$79: under 55 years old

Making beautiful quilts and quilted accessories is easy. Let Pat show you how to make special lap quilts from planning to completion in the 8 weeks of class. If you have a portable machine you are encouraged to bring it, and you will need one to use at home between sessions. If you started a project and need help and support to finish, this may be the class for you. Emphasis will be on learning each step of the quilt making process. Students are expected to regularly share information and ideas in class.

Friday Classes

ENGLISH AS A SECOND LANGUAGE (ESL)

Date: 9/3 – 12/19 (*no class November 27 or 28*) Cost: Free

- *Class meets 3 times a week: Mondays, Thursdays & Fridays.*
- *Students may join ESL classes at any time during a session.*

BEGINNING LITERACY: Basic ESL for students who have never studied English.

Instructor: June Wong

Time: 8:45 - 10:15 am

Location: Meeting Room

BEGINNING LOW: ESL for students who can read and write simple sentences in English and can speak and understand individual words.

Instructor: June Wong

Time: 10:30 - 12:00 pm

Location: Meeting Room

BEGINNING HIGH: ESL for students who can read short articles and write several sentences. These students can also speak and understand common English words and phrases.

Instructor: Nina Ross

Time: 8:45 - 10:15 am

Location: Multi-purpose Room

INTERMEDIATE LOW/HIGH: ESL for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects.

Instructor: Nina Ross

Time: 10:30 -12: 00 pm

Location: Multi-Purpose Room

CALLIGRAPHY – BEGINNING/CONTINUING

Dates: 9/19 – 12/5 (*no class November 28*) Location: Fine Arts Room

Time: 9:00 – 12:00 pm

Instructor: Sara Frank

Cost: \$15: 55+ years or older / \$79: under 55 years old

Learn to work with a broad-edged pen to form italic letter forms. Supplies will be discussed at the first class meeting – if you have lettering materials, bring them. Come develop a new skill to personalize correspondence and design your own cards. Continuing students will be learning brush lettering which will require a Pentel brush pen. This style is modern, unique and much of the skill required has evolved from copper plate pressure alphabets. Lab fee \$2.50 is payable to instructor at first class. Class size limited.

ARTHRITIS EXERCISE *(class meets Tuesday & Friday)*

Dates: 9/23 – 12/12 *(no class November 28)* Location: Social Hall
Time: 11:30 am – 12:50 PM Instructor: S. Lohhman
Cost: \$23 *(includes Tuesday & Friday classes)*

This class is designed to improve the flexibility and posture of those individuals who suffer from arthritis. Safe, mild stretching techniques for every joint in the body will be utilized. To register or for more information, call Foothill College, (650) 424-8600 or register the first day of class.

LINE DANCING

Dates: Ongoing *(no class November 28)* Location: Social Hall
Time: 1:00 – 2:00 pm Instructor: R. Perna, J. Lian
Cost: Free

Enjoy an hour of line dancing with other line dancers on a hardwood floor. No partner needed.

SQUARE DANCE

Dates: Ongoing Location: Social Hall
Time: 2:15 – 3:15 pm Instructor: Al Knoppe
Cost: Free

Join this lively class for square dance instruction & dancing. All levels welcomed. No partner needed.

AARP 55-ALIVE MATURE DRIVING

Classes will be offered at the Mountain View Senior Center,
MONDAY/WEDNESDAY, 6:00 – 10:00 PM
~ SEPTEMBER 8 & 10 ~ OCTOBER 6 & 8 ~ NOVEMBER 3 & 5 ~
The cost for this classroom driving instruction session is \$10.00. To register, come in or mail a check dated the first day of class. Make checks payable to AARP. Cash will not be accepted. Sign-ups are taken until 3:30 pm each weekday. For more information, call (650) 903-6330.

Mountain View Senior Center

FALL CLASSES AT - A - GLANCE

DAY	DATE	TIME	ROOM	PAGE
MONDAY	<i>*no class November 27 & 28</i>			
Yoga (<i>M & Th</i>)	9/22 - 12/11	8:45 - 10:00 am	Social Hall	2, 6
ESL - Beg. Literacy (<i>M, Th, F</i>)	9/4 - 12/19*	8:45 - 10:15 am	Meeting/Multi-Purpose	2, 7, 8
Creative Stitchery	Ongoing	9:00 - 12:00 noon	Fine Arts Room	2
T'ai Chi - Session 1	9/8 - 10/27	10:15 - 12:00 pm	Social Hall	3
T'ai Chi - Session 2	11/3 - 12/15	10:15 - 12:00 pm	Social Hall	3
ESL - Beg. Low/Int. (<i>M, Th, F</i>)	9/4 - 12/19*	10:30 - 12:00 pm	Meeting/Multi-Purpose	2, 7, 8
General Conditioning (<i>M, Th</i>)	9/22 - 12/11	1:00 - 2:20 pm	Social Hall	2, 3, 7
Woodcarving	Ongoing	1:00 - 4:00 pm	Fine Arts Room	3
Quilt Making Techniques	9/15 - 11/17	1:30 - 4:00 pm	Multi-Purpose Room	3
TUESDAY	<i>*no class November 11</i>			
Hike for Health - Pat Noyes	9/16 - 12/2*	8:30 - 1:30 pm	Multi-Purpose Room	3
Drawing & Watercolor	9/16 - 12/2*	9:00 - 12:00 noon	Fine Arts Room	4
Arthritis Exercise (<i>T & F</i>)	9/23 - 12/12*	11:30 - 12:50 pm	Social Hall	4, 9
Spanish - Intermediate	9/16 - 11/25*	12:30 - 2:30 pm	Fine Arts Room	4
Karaoke	Ongoing*	12:30 - 4:30 pm	Multi-Purpose Room	4
Low Impact Aerobics (<i>T, Th</i>)	9/23 - 12/11*	1:00 - 2:20 pm	Social Hall	4, 7
WEDNESDAY				
Oils & Acrylics	9/17 - 12/3	9:00 - 12:00 pm	Multi-Purpose Room	5
Small Clay Sculpture	9/17 - 12/3	9:30 - 12:30 pm	Fine Arts Room	5
Chorus	9/17 - 12/3	9:45 - 11:45 am	Social Hall	5
Orchestra	9/17 - 12/3	12:00 - 4:00 pm	Social Hall	6
Ceramics, Basic Techniques	9/17 - 12/3	1:00 - 4:00 pm	Fine Arts Room	6
Knitting & Crocheting	Ongoing	1:00 - 3:30 pm	Multi-Purpose Room	6
THURSDAY	<i>*no class November 27</i>			
Hike for Health - Pat Noyes	9/18 - 12/4*	8:30 - 3:30 pm	Conference Room	6
Yoga (<i>M & Th</i>)	9/22 - 12/11*	8:45 - 10:00 am	Social Hall	2, 6
ESL - Beg. Literacy/High (<i>M, Th, F</i>)	9/4 - 12/19*	8:45 - 10:15 am	Meeting/Multi-Purpose	2, 7, 8
Sewing - Basic Techniques	9/18 - 12/4*	9:15 - 11:45	Fine Arts Room	7
General Conditioning (<i>M, Th</i>)	9/22 - 12/11*	10:15 - 11:15 am	Social Hall	3, 7
ESL - Beg. Low/Int. (<i>M, Th, F</i>)	9/4 - 12/19*	10:30 - 12:00 pm	Meeting/Multi-Purpose	2, 7, 8
Low Impact Aerobics (<i>T, Th</i>)	9/23 - 12/11*	1:00 - 2:20 pm	Social Hall	4, 7
Quilt Making / Beginning	9/18 - 11/20*	1:30 - 4:00 pm	Multi-Purpose Room	8
FRIDAY	<i>*no class November 28</i>			
ESL-Beg. Literacy/High (<i>M, Th, F</i>)	9/4 - 12/19*	8:45 - 10:15 am	Meeting/Multi-Purpose	2, 7, 8
ESL - Beg. Low/Int. (<i>M, Th, F</i>)	9/4 - 12/19*	10:30 - 12:00 pm	Meeting/Multi-Purpose	2, 7, 8
Calligraphy	9/19 - 12/5*	9:00 - 12:00 pm	Fine Arts Room	7
Arthritis Exercise (<i>T & F</i>)	9/23 - 12/12*	11:30 - 12:50 pm	Socail Hall	4, 9